



## Smoky BBQ Chicken

with Kale and Cheesy Grits



20-30min



2 Servings

A staple of Southern cooking, the “meat and three” is just that—a meat dish and three sides. Here, we’re doing meat and two with just as much gusto: chicken with a tart cherry BBQ glaze, cheesy, creamy grits, and tender sautéed kale on the side. Cook, relax, and enjoy!

## What we send

- ½ oz apricot preserves
- 12 oz pkg boneless, skinless chicken breasts
- garlic
- 2 oz barbecue sauce
- 1 bunch curly kale
- 3 oz grits
- 2 scallions

## What you need

- coarse salt
- freshly ground pepper
- olive oil

## Tools

- medium ovenproof skillet
- small saucepan

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 700kcal, Fat 27g, Carbs 49g, Protein 48g



### 1. Make BBQ glaze

Preheat the broiler with top rack 4-6 inches from heat source. In a small bowl, combine **barbecue sauce**, **cherry preserves**, and a **pinch salt**.



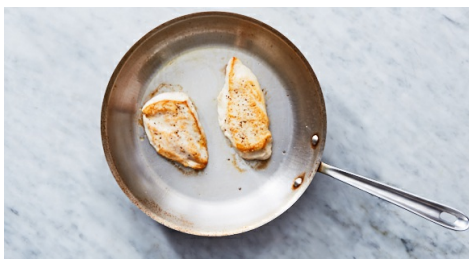
### 2. Prep ingredients

Trim tops and roots from **scallions**; thinly slice. Cut **cheddar** into small pieces. Strip **kale leaves** from stems; coarsely chop leaves, and wash and dry well. Peel and finely chop **1 large clove garlic**.



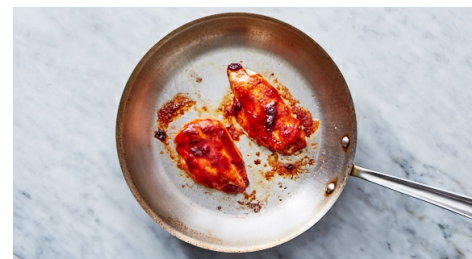
### 3. Make grits

In a small saucepan, bring **2 cups water** and **½ teaspoon salt** to a boil. In a steady stream, stir in **grits**. Lower heat to medium and cook, stirring occasionally to prevent sticking, until grains are tender, 5-7 minutes. Remove from heat and stir in **cheese**, **half of scallions**, and **several grinds pepper**. Cover to keep warm.



### 4. Cook chicken

Season **chicken** all over with **¼ teaspoon salt** and **several grinds pepper**. Heat **½ tablespoon oil** in a medium, ovenproof skillet over medium-high. Add chicken and cook until lightly browned, about 2 minutes. Flip and cook, about 1 minute more.



### 5. Glaze chicken

Off the heat, brush **⅓ of BBQ glaze** on top of **chicken** (reserve the rest for serving). Broil until lightly caramelized, 2-3 minutes (watch closely as broilers vary). Transfer chicken to plates. Scrape up any **caramelized juices** in the pan and pour over chicken.



### 6. Cook kale

Add **1 tablespoon oil** to skillet, then **kale**, **garlic**, and **remaining scallions**; season with **salt**. Cook over medium-high until wilted, stirring occasionally, 2-3 minutes. Add **¼ cup water**; cover and cook over medium until **kale** is tender, 3-4 minutes more. Rewarm **grits**, stir in **1 tablespoon water** if needed, and serve with **chicken**, **kale**, and **BBQ glaze**. E...